

If

Rewritten by Summer, Abigail, Imogen, Lillymae, Harry and Finley
(Year 3s)

If you can respect differences which others can't

Don't bully people even if it's hard

If you can be kind and not hate others

Even if you are angry use ten deep breaths because it's
their aim.

If you can do all of this, you will be a lovely person.

If you see someone unknown,

Or getting lost take them to their home

If you run home without anyone lock the door and
relax.

If you do all of this, you can be safe.

If you don't have money you can work and earn it

When you have a lot of money use it to help people
who need it

But if you cannot dream of having too much money
don't make that thought your aim

If you can do all of this you will be a happy resilient and
independent year 3, my friends.

Our 'IF'

Rosie, Oscar, Charlie M and Daisy

(years 5 & 6)

If you can ignore bullies and walk away, don't let your self-consciousness take over you.

If you can do your SATs when people doubt you, don't listen and try your hardest.

If you are different just remember that everyone is unique.

So don't worry your time will come to grow up.
Differences can be good, so don't wish your life away,
otherwise it will stay beside you.

School is a challenge; you learn year after year.

It might seem a bore but after a while you learn more.
If you can do this while keeping quiet you'll be a
successful year 7, my friend.

If
by

Naomi, Valentina, Jazmin, Samuel and Kane
(year 4)

If others can bully and you can stand up to it,
And others can't help them put up with it.

If you can stand up to friends' differences and help
them with it.

If people don't think much of you just show them what
you can do.

If you can think your future don't give up on it because
I promise you this - we'll get through it.

If you don't get along with someone try to put it right,
always think positive and look towards the light.

If you can trust other people without feeling down,
and put other people forward without a frown.

So when you eat don't force yourself.

If you can face the challenges while feeling bold,
and answer the questions without feeling cold.

If you can follow these instructions until the end,
you'll be ready for the future, my amazing friend.

The guide on how to be a good person

By

Charlie T, Evie, Clara and Freddie.

(Years 5 & 6)

Starting from young and developing into teens,
growing up is a difficult stage.

Be who you are and follow your dreams.

Read your life book and turn the page.

Trust us, it's not as hard as it seems.

If other people are strong then hold on to your temper,
prove the haters wrong and hold on even when you
move in September.

Racism is terrible, it's really not nice..

Respect other people that are a different colour,
be a good person and make a sacrifice.

Think of Rosa Parks – be like her.

She defended the black people who didn't have a
choice.

Please can we respect the colour of their skin.

Make a difference and let people hear your voice.
Remind others to treat them the same and put the
negatives in the bin.

Life is always going to knock you down; and so will the
bullies, the jealous people.

But please don't live life with a frown.

Just ignore the haters, they look like fools.

If you have the strength to stand up to them, stand up
to them with pride.

If

Rhys, Jasmine, Elijah and Jack,

(Year 5)

If you are feeling scared – make a plan to hide away

If they are looking for you – keep quiet and find a defence

If you are feeling frightened – keep yourself safe

If you are feeling emotional – find a new place to stay.

If you can dream of having a loving family – maybe your dreams will come true one day

If you think about happy thoughts – you can become anything you want

If you could try to cry inside – they won't know where you are

If you persevere and force a smile – you might forget what's happening to you.

If you are concerned about a loved one – go and visit them and give them lots of hugs

If you want to cheer them up – read them a happy story

If you think that something bad might happen – grab a phone and call for help

If you are too late to save a life – remember the amazing times that you have spent with them.

If you are feeling sad or lonely – cheer up and think positive thoughts

If you think that some things are too hard – think about how to conquer it

If you find that things are not working – try, try again but if you don't succeed ask for help